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First Award

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The Safe and Most Effective Method of Psychic Development.

by
C. C. Zain

Even before the aspirant takes the first step toward developing his occult powers he should have a clear-cut and definite comprehension of the differences between the three distinct methods of acquiring information from Extra-Sensory sources. He should fully realize the advantages of each, and the dangers which accompany permitting control of himself by any intelligence other than his own.

These private MSS. are available only to members who have demonstrated through passing the appropriate number of examinations that they have sufficient comprehension of occult matters that they will not be likely to misinterpret or misapply the information presented in them. They are arranged in the form of a systematic course on occult development and spiritual training, through which those who have a more than intellectual interest in such matters can, to the best advantage, awaken the latent powers of their souls, live a more spiritual life, and contribute proportionally more to universal welfare.

They provide graduate work for those who have passed examinations on the regular B. of L. courses. And it is our belief that they are superior to anything ever before available in reference to occult and spiritual training. We feel so confident of this because the knowledge of the ancient initiates now is supplemented by scientific information and the practical experience and observation of our research departments. The private MSS, are so arranged that, commencing with this first one, which is given members for passing the final examination on one Course, they will succeed each other in the sequence most suitable to the needs of the neophyte who aspires to develop his occult powers and devote himself to a spiritual life.

The material now included in these Not Sold lessons embraces all our knowledge and experience up to the present moment, relative to the most safe and effective methods that can be used in occult and spiritual training, derived from sources of ancient initiation, from our research departments, and since 1915 from observation of the actual progress made and the difficulties met, by thousands of aspirants all over the world. Yet we are hard at work striving to acquire still more knowledge relative to such training, and so fast as we get it, it will be included in still further Not Sold lessons of this graduate course.

EXTRA-SENSORY PERCEPTION, usually abbreviated ESP, is the act of acquiring information through channels other than the physical senses and the commonly recognized processes of the mind. There are three distinct methods of acquiring information from Extra-Sensory sources, and everyone who attempts to develop ESP or to do any other type of psychic work should, before starting experiments with himself, understand thoroughly not only the essential differences between these three methods, but just what takes place in each. The three methods are: Mediumship, Feeling ESP, and Intellectual ESP. Quoting from Chapter 7, Course 4, *Ancient Masonry*:

MEDIUMSHIP.—That which distinguished mediumship is the partial or complete control of the medium by some intelligence other than his own. Mankind owes a deep debt of gratitude to spiritualistic

mediums. I shall be the last to criticize them. Many in the ranks of spiritualism have sacrificed tremendously that the race might advance; many mediums have been martyrs to the cause of demonstrating human survival beyond the grave. But in spite of this debt of gratitude, the very real dangers to those who develop such mediumship cause us to discourage our students from attempting to become mediums. The reason is set forth in detail in B. of L. Course I, published in 1919. The subsequent years, in which through the many psychics contacted in connection with Church of Light work there has been unusual opportunity to observe the effects of the various types of development and psychic practice among a great many individuals, have but served more and more to confirm the attitude then taken. To sum this attitude up, The Church of Light does not advocate that anyone shall become a medium.

TWO METHODS OF INDEPENDENT PSYCHIC WORK.—The Church of Light has found, however, as the result of its own research and observation, that psychic work in which there is no control by some other entity is accomplished in two quite distinct ways. These two methods, even though exercised and directed by the individual using them and not by some outside intelligence, are as different as day and night, positive and negative. The one depends upon hypersensitivity of the nervous system, and is called **FEELING ESP**. The other is purely an intellectual activity, and is called **INTELLECTUAL ESP**.

FEELING ESP.—At the appropriate place in these **NO SOLD** lessons I go into the details of these two methods. Here I hope only to bring out their contrasts so clearly that you will never mistake the one method for the other. The majority of independent psychics employ Feeling ESP. They make use of the hypersensitivity system of mental activity in which the nervous system or some part of it is tuned in on the astral counterpart of the object or persons about which information is wanted. The nervous system, or some part of it, becomes a receiving set through which the electrical energies and astral energies closely associated with it pick up, radio fashion, the astral vibrations radiated by whatever is tuned in on. The individual then feels the condition of that which is thus contacted. The energy causing this feeling is furnished by that which is contacted. The individual who is hypersensitive is able to feel so discriminatingly what is received that his unconscious mind can give detailed information about that which is tuned in on, and perhaps about its past and probable future.

A quarter of a century of experience with students all over the world who have developed this Feeling ESP has convinced The Church of Light that this method of psychic development should be approached with caution.

INTELLECTUAL ESP.—The unconscious mind, itself occupying the astral plane, has faculties which, given proper impetus and sufficient energy with which to work, on this inner plane can examine objects and thoughts and communicate with other intelligences. In Intellectual ASP hypersensitivity plays no part. Instead of becoming a receiving set, the electrical energies of the nervous system radiate high-frequency vibrations which afford the senses and faculties of the unconscious mind the energies with which to perform their work. Feeling or hypersensitivity plays no more part in such examination by the unconscious mind on the inner plane than it does in a similar examination on the physical plane, nor are the emotions more active.

The examination is conducted by the unconscious mind reinforced by the astral energies provided by the high-frequency electromagnetic radiations of the nervous system. This examination, which may include past and future as well as all aspects of the present about which information is sought, is an intellectual appraisal the results of which are not communicated to other sections of the nervous system, but, much as something is remembered even though seen but a moment before, is communicated directly to the brain as an Intellectual awareness.

The Brotherhood of Light ESP Research Department has found that the psychics using Feeling ESP can acquire information readily from persons or other living things which radiate strongly, or about people

form objects which they have touched, or from their thoughts; but do poorly with the ESP cards. Those among our students who get the highest scores with the ESP cards, and in tests with inanimate objects in which the human vibrations are absent, are those who, perhaps without knowing how they do it, nevertheless employ Intellectual ESP.

So far in our extensive investigation, and with numerous students who have made tests with it, we have found no danger in cultivating Intellectual ESP.

THE CONSTANT INTERACTION BETWEEN THE TWO WORLDS.—To understand how it is possible to acquire information not accessible to the physical senses it must be realized that man lives in two worlds and that his consciousness may function intelligently on either one, or to an extent on both, B. of L. Course I, as well as the other B. of L. Courses, will have made you aware of the existence of an inner plane or astral world, and that energies are exchanged between the two states of existence.

You will have come to realize, especially if you have read B. of L. Course V and Course IX that the mind of man and the minds of other living things at all times exist on the inner plane, and that in any manner to affect physical substance or the material world the thoughts, which are definite organizations of astral substance, must impart their energies to electrical or electromagnetic energies which in turn are capable of more directly affecting physical substance. To think objectively, for instance, the thoughts are first present in the astral form, then through the Law of Association, in which they gain sufficient Attention, they are able to impart their motions to electrical energies generated by the brain and nervous system, which in turn are able to vibrate the cells of the physical brain.

Furthermore, from B. of L. Course I and other B. of L. lessons you may have read, you will be familiar with the idea that physical substance has no power directly to affect anything on the astral plane. It can only affect the astral plane through the electrical, electromagnetic, or other energies having approximately the velocity of light, which we call Boundary-Line energies.

The sooner you come to a continuous and full realization that there are two states of existence in both of which you at all times function, that at all times the environment of each is having a profound influence upon your life, and that they are separated from and contact each other only through boundary-Line energies having approximately the velocity of light, the sooner you will begin to make satisfactory progress in your occult training.

I need give no illustrations of the affect of the physical environment upon your actions and thoughts. But at least of equal power to influence you at all times—and most who have investigated the action of astrological progressed aspects hold a great deal more power—are the impacts of other people's thoughts, the impacts of the character vibrations of objects and persons, and the impacts of energies from the planets. These are all a portion of the inner plane environment.

THE IMPLICATIONS OF RELATIVITY.—I realize that when I mention Einstein and Relativity that some will feel I am treading upon highly debatable ground. And in so far as Einstein's General Theory of Relativity is concerned, which deals with curved space in relation to gravitation this is true. But in regard to Einstein's Special Theory of Relativity, which was first propounded in 1905, I find from letters written by professors in many outstanding universities and observatories that those who teach physics and astronomy at the present time almost universally accept it. Rather than quote from these voluminous letters from university professors, it will probably establish the point I wish to make even better if I quote from an article by H. P. Robertson, Ph. D., Professor of Mathematical Physics, Princeton University, which appeared in the June, 1939, issue of Scientific American Magazine:

In view of these developments one may say that at present the special theory of relativity is one of the most thoroughly accepted and most firmly established doctrines of modern physics. It has permeated the fields of mechanics, electromagnetism (including optics) and atomic physics; while it may appear desirable to have direct checks on the validity of its mechanical aspects, a deviation from the predicted effects would constitute a most puzzling—and, at least temporarily, distressing—jolt for modern physics.

I shall repeatedly, in these NOT SOLD lessons, refer to the accepted principles of relativity, because in no other way can it be explained how inner plane forces affect human life and how things commonly occur on the inner plane which violate the principles we have learned to expect in the behavior of things on the physical plane. But in thus referring to relativity, I am citing only the now well accepted ideas included in the Special Theory of Relativity, and am ignoring the relation of curvatures of space to gravitation and other debatable points of the General Theory of Relativity.

An essential factor in this special theory of relativity, which has now become so completely accepted in scientific circles, is the inter-relationship between velocity and time. It is held that there is no such thing as absolute time, but that as velocity increases time slows down until at the velocity of light time comes to a standstill. Conversely, as time speeds up, velocity slows down until at the time speed with which we are familiar, objects tend to move at the velocity physical things are observed to do. In Chapter 9, Course 4, *Ancient Masonry*, it is shown how this interrelation between time and velocity fully explains how the day-year progressed aspects operate. The month-year aspects also operate due to the same principle. Aspects affecting a portion of man's finer form at an appropriate velocity level where time is proportionally slower, influence his physical life on a plane where time is speeded up at the ration of $365\frac{1}{4}$ to 1, or on a plane where time is speeded up to a ration of about 13 to 1; that is, the affect on the finer form which was crowded into 1 day or 1 month when brought up into a region where velocities are much slower and time is much faster, spread out to cover either $365\frac{1}{4}$ similar intervals of this faster time, or 13 intervals of this faster time.

We will find also that the slower time of the inner plane enables us in a logical manner to account for both postcognition and precognition; Seeing something as it existed at some particular instant in its past or as it will probably appear at some particular instant in its future. Just as the faster time and slower velocities of physical life permit the effects of progressed aspects during one day or one month to spread out over a year because more events or effects can be condensed in a given interval of the slower time where velocities are greater, so when we move our consciousness to the inner plane where velocities are greater than those of light an infinite number of events can be condensed into one moment of this standstill time and we are able to see backward and forward along the time-flow of external life and observe or have in that one moment, experiences which in the rapid time of external life would occupy days, months or even years.

According to relativity, the ordinary ideas about time, space and gravitation are applicable to things which move with the more commonly observed velocities; but when the velocity of light—186,173 miles per second—is approached, the classical laws of gravitation no longer apply, space no longer has the relations commonly assigned to it, and time slows down.

It is held, for instance, that a material body, moving at the rate of 160,000 miles a second, would shrink to about half its previous length. As it thus increased in velocity its mass would increase tremendously; for its mass grows as it thus acquires velocity. And a clock thus acquiring velocity, as I have previously indicated, slows down until at the speed of light it comes to a standstill.

To quote from Einstein when expounding relativity: "A material body cannot have a velocity greater than light. The velocity of light forms the upper limit for all material bodies." Consequently, things—such

as thoughts, the unconscious mind of man, planetary energies, and all life and objects of the astral plane—which have a velocity greater than light, do not belong to the physical plane. And while on this inner plane where your mind even now functions and from which all ESP is derived another order of attributes takes the place of space, gravitation and time, this order of attributes does not impose the restrictions that are placed by space, time and gravitation on that which belongs to the physical plane.

What I mean by the removal of ordinary space restrictions when a velocity is attained greater than light—and such high velocity characterizes the astral plane—may be gathered from the report of the Zenith Foundation after thirty weeks of research into the gigantic mass of data on little-known mental powers, made available through the cooperation of the Zenith Foundation's millions of radio listeners, from whom it received and tabulated over a quarter of a million pieces of mail in the winter of 1937-38:

That distance and space are not factors in telepathic communications seems definitely indicated by careful analysis of test returns by geographical divisions.

What is implied by the different order of time on the astral plane is also illustrated by the Zenith Foundation's report:

Authenticated personal experiences indicate that time is not a factor in telepathic communication. Possession of the ability to visualize in detail events which have not happened, a phenomenon science calls precognition, seems but slightly less rare than telepathy itself.

While, according to Einstein, anything possessing a velocity greater than light, electromagnetic waves and radiation cannot be considered material, Professor P.A.M. Dirac, a Nobel prize winner, believes he has detected such higher velocities. In a paper made public August 23, 1938, by the Royal Society, London, he states:

A signal can be sent faster than light, through the interior of the electron.

Details of the structure of the substance of the physical world and of the structure and substance of the astral world are set forth in B. of L. Course I. It should here be understood, however, that the frequency of vibration is not that which essentially differentiates the inner plane from the outer plane. The essential difference is that, regardless of its vibratory rate, astral substance always moves with a velocity greater than that of light.

Electromagnetic waves may be produced by comparatively low frequency or of comparatively high frequency. Vibrations of physical substance can be produced of far higher frequency than the lower frequencies of electromagnetic waves. Likewise, electromagnetic waves can be produced which are far higher than the more commonly encountered astral frequencies. Even so, most electromagnetic waves set in motion by thoughts are on the animal level of existence, and thus communicate their energies to the level of the astral plane which contains animals, other intelligences, and discarnate human beings whose motives and feelings are those common to animals. Yet whatever the rate of vibration, when the substance which moves has a velocity greater than 186,173 miles per second, it is neither electromagnetic nor physical, but by virtue of its velocity alone it has become something belonging to the astral plane.

Velocities of substance below that approximating light define the substance as physical in nature, and thus belonging to the material plane. Velocities of substance above that approximating light define the substance as astral in nature. But between these two worlds on both of which you now function, and on only one of which you will live after the dissolution of your physical body, there is a Boundary-Line belt of electromagnetic waves, light and radiations, a River Jordan, which in the velocity of its substance is approximately that of light. And not only must any interchange of energies which occurs between the two

planes take place through transmitting motions first to this boundary-Line energy, but any understanding of ESP or psychic phenomena must rest upon this knowledge that the only contact between the two realms of conscious existence is through the utilization of Boundary-Line energies, and that when the Boundary-Line is crossed, existence acquires the characteristics of the plane, or world, to the velocities of which it now has adapted itself.

As you are aware, the unconscious mind of man and of other physical life-forms, as well as discarnate entities, occupy the inner plane, and to the extent they there function are they freed from the ordinary restrictions of time, space and gravitation. As all ESP is the exercise of the perceptive faculties on this inner, less restricted plane of being, by the unconscious or astral mind, it will be apparent that the effective use of ASP requires that the unconscious mind shall be induced to carry out such activities on the astral plane as will enable it to acquire the desired information, and that after it has thus acquired it, the information must be presented to objective consciousness in a manner which enables correct recognition.

Except through mediumship, in which that which is seen and felt is thus apprehended by another intelligence, and by control is imparted through the medium, there are only two methods of thus perceiving things on the astral plane; and these two methods are as widely different as night and day, positive and negative. And even the information imparted through a medium must be acquired by the controlling intelligence through one or both of these processes, or by logical deductions from what has been apprehended by their use.

THE PROCESS INVOLVED IN FEELING ESP.—All things radiate vibration through astral substance. Whenever an object, condition or person either on the physical plane or on the astral plane is tuned in on, this makes possible the picking up of its vibrations by a suitable receiving set. And when the electrical energies of man are caused to flow largely through the Hypersensitive System of mental activity, ruled by Neptune, the nervous system through the electrical and astral energies closely associated with it becomes such a receiving set to pick up, radio fashion, whatever astral vibratory rates are then tunes in on. This is the method employed by most psychics who are not mediums. They cultivate such a sensitivity of the nervous system, or have it from birth, together with the electromagnetic wavelengths ruled by the planet Neptune, that they readily tune in on and pick up the astral energies radiated by thoughts, objects and other conditions about which they seek information.

This is essentially a FEELING process, rather than one intellectual, although the unconscious mind is able to translate the feeling into definite information of the kind desired by the objective mind.

The important thing to recognize in thus acquiring information from the inner plane through the Hypersensitivity System is that, even though the objective mind is quite alert and exercising full control, the energy received has its origin in the condition tuned in on, and that the nervous system or some parts of it merely becomes a suitable receiving set to pick up these vibratory rates.

THE PROCESS INVOLVED IN INTELLECTUAL ESP.—Instead of a feeling process, Extension of Consciousness is essentially an INTELLECTUAL process, even though it is the INTELLECT of the astral body rather than chiefly an activity of the physical brain which is involved.

And the important thing to recognize in thus acquiring information from the inner plane through Extension of Consciousness is that the energy through which an object is contracted or a condition apprehended does not have its rise in the object or condition tuned in on, but is an activity of the unconscious mind working on the astral plane. Instead of energy being picked up, radio fashion, the faculties of the unconscious mind, reinforced by high-frequency vibrations radiated by the electrical energies of the nervous system make the examination of the object or condition, and then report the findings to the physical brain. Thus does the individual through making use of the astral energies radiated by the Inspirational

System of mental activity ruled by Uranus, or by the positive phase of the radiations of the Inner Plane
System of mental activity ruled by Pluto, apprehend the information sought Intellectually.

Even though the information thus acquired relates to sight and sound and the feeling quality of things, the nervous system is not used as a receiving set, but the sight, sound and feeling are perceived purely from an intellectual viewpoint. There is no sympathetic response to them involved. The vibrations of that which is thus examined are held away from the individual Extending his Consciousness. He examines it Intellectually, and with no more feeling response than is experienced by a scientist examining the structure of a rock through a microscope or the position of a star through a telescope.

THERE ARE MANY DEGREES OF EXTENSION OF CONSCIOUSNESS.—If you remember that man's mind at all times functions on the astral plane, and that objective consciousness merely consists of such of these inner plane mental processes as are able to mobilize electrical energies which they contact in association with the physical body and thus impart vibrations to the brain-cells, it will be apparent to you that to become conscious of at least some inner plane conditions merely requires the individual to look about him in the region where his mind customarily dwells.

Some people have their minds so persistently focused on the things and ambitions of external life that there is little energy left which the unconscious mind can use to perceive anything else. Yet even these, although unaware of it, sense in some degree inner plane things.

However, to direct the consciousness on the inner plane to desired information or even to acquire it spontaneously with frequency and facility, requires electromagnetic radiations from the nervous system of those high-frequency vibrations which people with one of more of the upper-octave planets prominent in their birth-charts commonly generates. This does not signify that those who do not have Uranus, Neptune, or Pluto prominent in their charts of birth cannot extend their consciousness. It simply signifies that they must learn to raise the vibratory rate, or their feeling, to a level which is the normal state of these upper-octave individuals.

Other than that its substance has a velocity greater than 186,173 miles per second, the most outstanding characteristic of the inner plane is the prevalence of intelligence in some degree and the responsiveness of its substance to thought. In other words, it is the realm of mind, and in some occult schools which separate the intellectual from the feeling function of mental processes, it is called the mental plane. By these man is believed to possess, in addition to the etheric body, both an emotional body and a mental body; but in fact the emotional body and the mental body thus designated are merely the same astral form reacting to stimuli in an emotional or an intellectual manner.

Yet the etheric body is quite distinct from either the physical or the astral; or more properly stated, the so-called etheric body is the electromagnetic form through which alone the astral body, or unconscious mind, is kept in contact with the physical body, and through which all energies of one form which affect the other form must be transmitted. This etheric body, composed of Boundary-Line electromagnetic energies generated in the cells of the physical body, and more particularly in the cells of the nervous system, may be strong and vital, or it may be weak and debilitated. Should it become too weak, that is, should the difference in electric potential between different organs of the physical body become too small, there is not sufficient of the Boundary-Line energy present to permit the astral form to maintain contact with the physical. When this occurs, as in time it does to everyone, and from a variety of causes, the individual is dead. He still exists, still is conscious; but he does not have the Boundary-Line energy available to motivate a physical form.

Other than that its radiations have a velocity approximating that of light, the most outstanding characteristic of the etheric form and its electromagnetic radiations is the facility with which they respond to

thought and give thought the energy with which to accomplish its purpose. As a Boundary-Line substance, organic electromagnetism partakes in a measure of the qualities of each of the two planes of existence which it connects. So far as possessing intelligence, it is as inert as gross matter; but like matter it has energy and is capable of influencing physical things. Yet while not of itself possessing intelligence, it affords a ready vehicle for the intelligence which is so characteristic of things astral. It responds to the directivity of thought—and thought is essentially astral in nature—only less readily than astral substance itself. And because it is so suitable a vehicle for the expression of mind and thought, it has been observed that whenever organic electromagnetic energy of proper volume and frequency is generated some astral intelligence, either that of the person generating it or that of some other entity, always immediately avails itself of the opportunity to make use of it.

Organic electromagnetic energy generated by the life processes within the human body not only is the agent for communicating energies from one plane to the other, but when produced in sufficient volume and of suitable radiation-frequency is itself, directed by intelligence, capable of becoming almost anything or doing almost anything. The wider experience one has with psychic phenomena the more reluctant one becomes to define just what intelligently directed Boundary-Line energy is incapable of doing.

It is capable of carrying a telepathic message to another at a distance—even though most such messages are conveyed by astral vibrations—and at a distance can influence another's conduct. At a distance it is capable of producing a form which can be recognized by another. It is capable of moving objects at a distance. It is able to tip tables, cause levitation, produce slate writing, bring about precipitation, move apports, and produce materializations, as explained in detail in Chapters 6 & 7, Course 1, *Laws of Occultism*. To indicate just what I mean when I say that organic electromagnetic energy seems capable of becoming almost anything which the thought associated with it decrees, I will quote one paragraph from Course 7, Course 1, *Laws of Occultism*:

It remains but to be said, in regard to the nature of the materializations, that once formed there is a circulation of the blood, warmth, perspiration, and the other functions exhibited by ordinary flesh and blood, as well as intelligent action. Small pieces of skin left behind when a form dematerializes have been found under the microscope to differ not in the least from ordinary human cuticle. A full formed materialization is actual human flesh and blood as long as it lasts.

Such a form materialized through the activities of the boundary-line energies present is condensed about the projection of the medium's astral body, and this astral body contains the mind and consciousness of the medium. To the extent the intelligence of the medium plays a part, it has been extended into a material form other than its ordinary physical body; and to the extent the intelligences of some astral entity directs the process of materialization through control, that astral entity has extended its consciousness to the materialized form. Here, therefore, we have an example in which the extended consciousness functions through a different physical organism on the physical plane.

Sylvan Muldoon is the greatest authority on one type of extension of consciousness, that of projecting it in the etheric body, all the while on the physical plane, to a distance from the physical form. His book, *The Projection of the Astral Body*, published in 1929, gives in elaborate details his own experiences in such projection, and instructions by which others can attempt projection in a similar manner.

The type of astral projection he experiences and which he advocates others to emulate, is a projection of the etheric body which becomes the vehicle of the astral form and consciousness. This is a very different type of astral travel than that described in NOT SOLD AWARD MS. 11, *How to Travel Consciously on the Astral Plane*, (Serial 94), which was issued in April, 1921. It is quite as authentic as Award No. 11, but B of L Mss. 11 describes how to travel on the astral plane, while Mr. Muldoon describes how, volitionally, to travel at a distance from the physical body in an electromagnetic form occupied by the astral body. He says:

I have never had a conscious out-of-the-body experience when I was not here on the earth plane, just as much as I am right now. I wouldn't know where to look for the higher plane.

Mr. Muldoon is able, at will, to put his physical body in a trance-like state and wander about the physical plane in regions not too distant from the physical form. At times while thus occupying his electromagnetic body and at a distance from his physical form, he was able to move objects, produce raps, and otherwise affect physical conditions. Although never having had a clairvoyant experience in his life while in the physical body, he consistently had such experiences while moving about in his electromagnetic form, and at times saw spirits as well as those in the flesh.

Because Mr. Muldoon's experiences were in his etheric form in close proximity to earth, it is instructive to quote from his book as to the manner thought in such experiences operates; for it performs the same function it does when the individual functions in the astral apart from his electromagnetic form:

It is thought which sustains the astral body! Do you think that the astral phantom walks upon the floor of a house because the floor holds him up! No! Never that! He is independent of the floor; he does not make contact with the floor at all. Yet he can walk upon it! Why! Merely because his thoughts sustain him.

He has always walked upon floors in the physical, and, through force of habit, thus learned in the physical—the habit rooted in the subconscious mind—he is sustained...

Imagine walking upon the upper floor of a house, as if the floor sustained you, and yet not making contact with the floor! You would naturally suppose this would be a strange sensation. But it is not. In fact, it is unnoticed by the phantom; but if one begins to think about it—as I have, many times—down through the floor one goes. Why! Merely because the projector thinks that the floor, not making 'contact' with him, cannot sustain him.'...

Now, I remember one occasion when I was projected in the astral body and walked down a street. I was about to cross to another side, but stopped to see if a car might be coming! At the same time, I knew positively that cars could not harm me, but would pass right through me. Force of habit! Yet again, on other occasions, I have never stopped to see if cars might be coming which would run over me, should I cross the street.

Similarly, one will dodge other persons, at times. One may be walking-along the street, and, on meeting someone in the flesh, will dodge unconsciously. On the other hand, one will pass right through earthly people—never think of colliding with them.

Other people have had experiences in which in sleep or in a trance-like state they have traveled astrally to a distant part of the country, or to another country, and there, using electromagnetic energies projected when they left, so etherealized as to become visible and perhaps give an audible warning to acquaintance thus contacted. Both the projector and those visited were fully conscious at the time, and later were able to give the details of the meeting. In such cases the extension of consciousness makes use of powerfully organized electromagnetic energies, but their density probably is less than that of Mr. Muldoon's projected body when it wanders upstairs, downstairs, and through the rooms of the house where he lives; and certainly is less dense than a materialized form which temporarily is flesh and blood. Yet in all these instances the consciousness has been projected in association with powerful electromagnetic forces.

At the opposite extreme are the conscious experiences of those no longer possessing physical bodies who dwell permanently on the inner plane. Through the power of thought and feeling alone, and without the aid of Boundary-Line electromagnetic energy, they are able to move across the planes and to a desired spot on the one selected, or to witness from a distance what is taking place on the selected level.

Approximating this complete freedom from physical conditions are the Third and Second State of astral travel, explained in NOT SOLD B. of L. Serial No. 94, *How to Travel in the Astral*. In these states the

electromagnetic energy has been very largely withdrawn from the physical body and converted into energies with a velocity greater than that of light and used to sustain the very completely withdrawn astral body in its travel on the inner plane. But a single elastic astral thread connects the individual with his physical body.

In the First State of astral travel, explained in NOT SOLD B. of L. lesson No. 94, much of the electromagnetic energy has been withdrawn from the physical body and converted into the high-velocity astral energies; but there are various lines of astral force connecting the individual with his physical body.

In the Transition Technique of ASP, to which NOT SOLD lesson No. 231 is devoted, the normal functions of the physical body are not greatly reduced through subtracting the vitality, or electromagnetic force, from them. There is nothing approaching a trance-like state. The individual does, however, convert sufficient electromagnetic energies into the higher velocity astral energies to enable him to extend his consciousness to the astral level and place desired and there contact the information sought. Instead of extending his consciousness in the etheric form, he moves it as much as possible away from the etheric form and its electromagnetic radiations, to enable him intellectually to examine that which he seeks strictly on the astral plane.

In Inspirational Thinking the consciousness also is extended to the astral plane, but there is a very complete and vivid connection of the astral body with the physical at all points, through electromagnetic energies some of which are converted into astral energies and some of which are not.

To sum this matter up, there is a complete gradation from ordinary reasoning processes by the objective consciousness to the awareness and thinking on the astral plane by entities no longer having physical bodies, in which electromagnetic forces of varying frequencies and potentials are present or absent, in which Extension of Consciousness occurs. The electromagnetic energies used in the various types of psychic work, including becoming conscious on the inner plane, will be explained in NOT SOLD B. of L. Serial No. 227, *How to Become Conscious on the Inner Plane*, (Second Award).